WHAT CAN PARENTS DO?

• Prepare and eat meals together as a family.
• Offer healthy snacks including lots of fruits, vegetables, and whole-grain foods.
• Serve reasonably-sized portions.
• Drink lots of water and cut down on drinks with sugar.
• Don’t use food as a reward.
• Be physically active daily as a family.
• Limit screen time to 2 hours per day.
• Be a role model for your child.

Share this annual report in your community!
EARLY CHILDHOOD

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* Compared to National Obesity Rates†

DuPage County’s WIC obesity rate continues to exceed national rates.

All U.S. Ages 2-5, 2015-2016

U.S. WIC Ages 2-4, 2014

DuPage WIC Ages 2-4, 2017

*USDA’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) †Most recent U.S. data available

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC*, 2014 - 2017

The obesity rate continues to hold steady.

2014 2015 2016 2017

*USDA’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Obesity in DuPage County Children Aged 2 to 4 Years Enrolled in WIC* by Ethnicity, 2014 - 2017

Hispanic children experience obesity at higher rates compared to non-Hispanic children.

2014 2015 2016 2017

*USDA’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
The obesity rate continues to hold steady.

**OBESITY RATES BY REGION**

- **15.8%** in Bloomingdale
- **17.8%** in Wood Dale
- **17.3%** in Naperville
- **10.9%** in Aurora
- **16.0%** in MALES
- **12.9%** in FEMALES

**42.5%** of students with obesity had elevated blood pressure.

More than 1 in 7 DuPage students had obesity.

The male obesity rate was higher than the female rate.

Childhood obesity tracks into adolescence and adulthood.

Compared to children with healthy weight, kids who are overweight in kindergarten are 4 times more likely to have obesity by 8th grade.

Obesity affects some groups more than others and can be associated with age, income, disability, education, gender, race and ethnicity, and geographic region.
HAVING OBESITY DURING CHILDHOOD INCREASES IMMEDIATE AND FUTURE HEALTH RISKS

13 types of cancer
Adult obesity
Bullying, stigma
Lower self-reported quality of life
Problems with joints and muscles

Lower self-esteem, anxiety, depression, lower academic achievement
High blood pressure
High cholesterol
Heart disease
Breathing problems
Higher than normal blood glucose level
Insulin resistance
Type 2 diabetes

WHAT CAN EARLY CHILDHOOD CARE CENTERS DO?
• Provide nutritional education to parents.
• Provide a variety of nutritious foods, limiting junk food and sugary drinks at snack time.
• Provide dedicated time for physical activity.
• Complete the Nutrition and Physical Activity Self Assessment for Child Care (NAP SACC) and implement an action plan: https://gonapsacc.org

WHAT CAN SCHOOLS DO?
• Conduct the School Health Index (SHI) assessment and implement an action plan.
• Assess the district’s wellness policy and incorporate improvements.
• Pursue a healthy schools program recognition.

WHAT CAN PARENTS DO?
• Prepare and eat meals together as a family.
• Offer healthy snacks including lots of fruits, vegetables, and whole-grain foods.
• Serve reasonably-sized portions.
• Drink lots of water and cut down on drinks with sugar.
• Don’t use food as a reward.
• Be physically active daily as a family.
• Limit screen time to 2 hours per day.
• Be a role model for your child.

Learn more about resources, methods, statistics, and references at:
www.dupagehealth.org/dupagebmi
(630) 682-7400

DUPAGE COUNTY HEALTH DEPARTMENT


Supporting the FORWARD Initiative